## EMPOWERING COMMUNITIES THROUGH WELLNESS

## January 12, 2019

**Location:** Bear River Band of Rohnerville Rancheria **Room:** Tish Non Village Community Room, Loleta, CA

Time: 12:00pm-4:00pm

Ages: 16-Elder Food Provided

For more information or to register by phone, call:

Kayla Henry at (530) 457-5071 or

Bear River Social Services at (707) 733-1900 Ext. 2

Register online at:

https://ectw-br.eventbrite.com



This one day workshop will cover an array of topics while giving the space for tribal communities to discuss the matters/issues at hand with an all-around feel good atmosphere.

Join us in spreading this good energy throughout Indian country.